



First Nations Health Authority  
Health through wellness

Children's Oral Health Initiative (COHI)

# Providing Healthy Drinks

**Children drink what you provide, so always check what's inside!**

6



Juice Box (200 ml) has 6 Teaspoons of Sugar



10

Orange Juice (414 ml) has 10 Teaspoons of Sugar

9



1 Soft Drink Can (355 ml) has 9 Teaspoons of Sugar



9

Chocolate Milk (350 ml) has 9 Teaspoons of Sugar

13

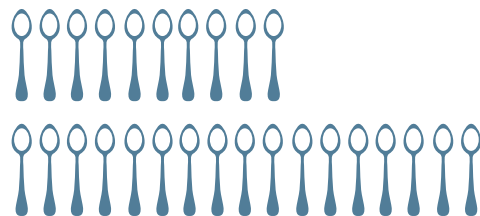
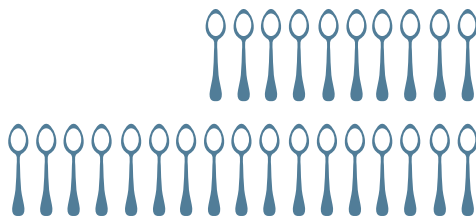


Bottled Ice Tea (473 ml) has 13 Teaspoons of Sugar



17

Energy Drink (710 ml) has 17 Teaspoons of Sugar



Soft Drink (1.8 L) has 54 Teaspoons of Sugar

Sweet drinks are **NOT** meant for sippy cups and bottles.

